

A Lifestyle Approach to Remedy Snoring

If you want to remedy snoring, you have to find the underlying cause. Snoring is not an affliction like the common cold, where you wake up one morning and you've just got it. It is something that normally arrives slowly over time. Most people can't remember the day and date that their snoring started. It was sometime in my mid 30's or some such vague description is the normal response to a question on its arrival. The lifestyle approach to remedy your snoring, doesn't treat it as a condition or a disease. But rather treats snoring as a symptom, or a warning, that the body is out of balance. I like to think of snoring like the ground proximity alarm in a modern jet aircraft. (The one that goes "WOOP! WOOP! PULL UP! PULL UP!", if the aircraft gets too close to the ground when it's not supposed to). If you are a pilot, you'd prefer not to hear it. But if you did, you would be grateful for the warning before dire consequences arrived. I'm sure the warning siren must be very annoying when it is activated but a lot less painful than the alternative. Likewise snoring is annoying, but not responding to the warning may have more serious consequences. The above example may seem extreme but the reality is there has been an enormous amount of research in recent years linking snoring to a range of serious conditions such as hypertension and coronary disease. The human body is a truly amazing machine. It has the ability to self regulate a complex array of interacting chemical and electrical processes within fine tolerances. This ability of homeostasis means the body can keep the internal systems (e.g. blood pressure, body temperature, acid-base balance) in equilibrium despite changes in the external environment. However if the body is subjected to persistent extreme conditions outside the normal bounds of function then it may not be able to rectify the situation without help. For instance if your body gets cold, it starts to shiver to maintain its core body temperature. But if your body is subjected to sub zero temperatures without any external heating then shivering alone will not be able to stop the inevitable deadly conclusion. But the act of shivering is, in itself, a warning for you to take some action; put some warmer clothes on for example. Snoring can be set off by a number of different balance upsets such as your diet, your breathing, your stress levels, and your physical environment. If you systematically work through these factors two important things are going to happen. You're eventually going to stop snoring and you'll end up with a healthier body. Once you start you may be pleasantly surprised, as often, a snoring solution doesn't always require a big change in your lifestyle.

About the Author

Detailed information about various herbal remedies often used for relief of the symptoms.

Source: <http://www.productsherbal.com>